

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 29

Outdoor play — Fun games for kids with limb differences!

Enjoy these outdoor activities! These activities can be adjusted to accommodate your abilities, whether standing or seated.

Treasure Hunt: Hide objects and create clues for a fun scavenger hunt.

Chalk Maze: Draw a maze with chalk and race through it by running, hopping, or crawling.

Bubble Chase: Blow bubbles and race to pop them with your head, arms, or elbows.

Tag Games: Play freeze or shadow tag, tagging using shadows.

Adaptations:

Upper Limb Difference: Use your remaining hand or prosthetic to grab objects during the hunt or pop bubbles. For chalk mazes, you can use a longer piece of chalk for better control.

Lower Limb Difference: Perform activities standing, seated in a wheelchair or focus on upper body movements for games like bubble popping or treasure hunting.

This is a great way to get outside and enjoy the fresh air with friends!



www.limbpower.com

*If you
can't complete
these activities,
contact us for
adaptations.*